



GroupEx Labor Day Schedule

Effective for Monday Sept. 2nd:

All GroupEx classes will run from **5:30am-12pm**, with the exception for the following classes that will be **cancelled** for Labor Day:

- All **Aquatics** classes
 - 8:30am Water Circuit Training
 - 10:30am Aqua Fit
 - 11:30am Cardio Water
- 5:15am **Spin Express**